A



The showerhead has an outer casing (6), in which is arranged an adjustable valve with a valve body (5) and a shut-off (9) routed through this valve body (5). One end of the shut-off (9) is arranged below a membrane (2) that can be pressed in so that the shut-off (9) can be adjusted to change the stream setting by pressing in the membrane (2) against the retroactive force of a spring (7) from a first valve position (16) to a second valve position (17). Reset mechanisms are provided, with which the shut-off (9) can be moved from a first valve position (17) to another valve position (16). The membrane (2) is arranged in a rotating cover (1) and the shut-off (9) can be moved by rotating the cover (1) from one valve position (16, 17) to the other valve position (16, 17).